

Newburgh Senior Center

May 2016 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

Where is spring going? We have the garden planted, mostly and peas and green onions are well on their way. Thanks to our newest friend, Ski, who tilled the ground for us and to Marlene Crenshaw and Ed Butch for the sets and seeds. If there's something else you'd like to grow in our garden, we still have some planting space.

So much is happening in May, like the Derby, Mothers' Day and the Indy 500. Lots is going on at the Center, too. You won't want to miss any of our activities and special programs.

On May 6, we'll be playing the horses and wearing Derby hats. We have a group going to the Derby Dinner Theater on May 11.

Then, on Saturday, May 14, at 3 p.m., the Minnie Black New Gourd Band will

be here playing instruments made from gourds and singing songs we know and love.

The Alzheimers Association will be presenting a program on financial planning on Tuesday, May 17 from 6-8 p.m. On Friday, May 20, at noon, staff members from Hamilton Pointe will bring us a Balance Class. (We tend to get a bit wobbly as we age, and wobbly-ness can lead to falls.)

Race cars will take to the track the end of May and we'll be racing at the Center, too.

Then on Tuesday, May 31, our friends and Euchre-player extraordinaire, Mike LaBarbera will join us at noon to show us pictures and talk about his recent trip to Cuba.

I am trying to get a group from the

Legion to bring us a brief Memorial Day program on May 26. I'll send out a news release if we get a program together.

Check through the newsletter for more details on our programs this month.

We are mourning the loss of our friend Elnora Ingram. She passed away April 24. Elnora always was a happy soul and we enjoyed her company while she was here.

Election Day

The center will be closed May 3 for election day. Please vote at your polling place.

No, sorry, we do not have that list with voting locations. Call 812-897-6161.

Remember, for Primary elections, you must declare a party in order to vote. Remember, voting is both a privilege and a responsibility.



Thanks to our lunch providers

As you know, we are a SWIRCA meal site. They bring us delicious and nutritious lunches four days a week. That leaves us on our own for Friday lunches.

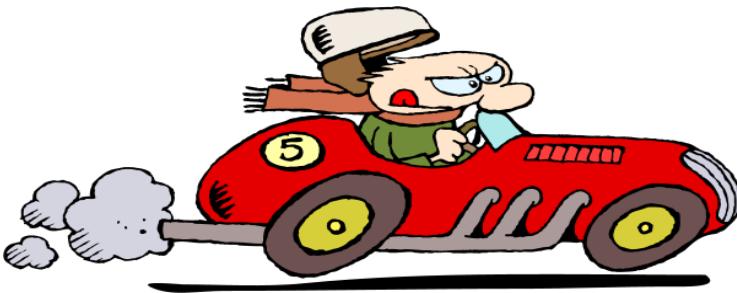
Several generous donors have stepped up to help with lunches and we appreciate their willingness to serve.

Humana is going to provide lunch once a month for the rest of this year. And for May, Jayne Christian

and Hamilton Pointe will be bringing fun food for us on a couple of Fridays. And we appreciate Sharon Anderson's donation.

If you are connected to businesses or organizations who might be willing to feed us on occasion, please let me know. You can give me contact information or have your contact call me at 812-853-5627. Please explain to potential donors that lunch does not need to be expensive or complicated.

Thanks to our Day Sponsors



Pick your method of horsepower and get moving. Thanks to our Day Sponsors for May.

May 1 is sponsored by Bruce and Carol Baker, in honor of the 38th anniversary of their business, Newburgh Healthcare, located on Pollock Avenue. Thanks you, Bruce and Carol for your service to seniors and our community. We appreciate you being long

time supporters of Newburgh Senior Center.

May 8 is sponsored by Marge and Dixie Dugan in honor of Mother's Day. They hope you'll join them in celebrating all mothers on this day and all year long. The Dugans, too, have been long time backers of our programs and projects., and we appreciate their support.

If you have days you'd like to publicly celebrate, being a day sponsor is a double bonus. You help support the Center and we put your event on our sign out front on the day you choose. Contact Colleen Martin for details about how to be a day sponsor.

Thanks from Women's Club

We received a thank you card from Women's Club of Newburgh for helping them cut ribbons for the May program to honor/remember law enforcement personnel. The ribbons will be tied around posts and power poles through the downtown area.

Related events will be announced.

May 6 lunch

Since we will be closed Tuesday, May 3 for election day, the lunch listed for Tuesday will be served Friday, May 6. Please sign up for the Tuesday lunch if you'll be joining us on May 6.

Financial Planning Seminar slated for May 17 at NSC

Financial planning is important for everyone, but it is crucial for individuals who have been diagnosed with any form of dementia. There will come a time when the patient is not able to take care of finances and decisions made ahead of time will lessen the burden on caretakers and families.

Helene French will bring a financial planning seminar that is open to the community to the Center on May 17, 6-8 p.m.

Please let your friends and family know about this event, as most of us will at some time have to face these decisions.

Porkapalooza: Save the Date

Mark your calendar now so you can be sure to be around for our 2016 Porkapalooza. It's going to be September 23 and 24.

We are excited that the Newburgh Barbecue Coalition is again going to be smoking the ribs and pork loins. We'll let you know when we start taking pre-orders for the meat.

Lunch of pulled pork sandwiches and sides will be available both days and pre-order pick up will be on Saturday, September 24. We'll let you know the time frame when we get it nailed down. If you would like to volunteer for this event, contact us at the Center, 812-853-5927.



Piano students' recital planned

Students of Kay Keller are holding their Spring recital at the Center on Sunday, May 15, 2-4 p.m.

Light refreshments will be served. The recital is open to the public. Please make some effort to attend if possible. It's important that we encourage the kids who have worked so hard in their music .

Games schedules

Remember, Clabber is played every Monday at noon; Bridge is played the first and third Tuesdays, Pinochle is played the second and fourth Tuesdays; Euchre on Wednesdays; Scrabble on Thursdays and Dominos on Friday. Bridge and Pinochle start at 11 a.m.; Euchre at 12:30; Scrabble at noon and Dominos at 10 a.m. All, of course, are subject to change and other games may spontaneously erupt.

Call the Center, 812-853-5627, if you'd like to get in on any of these groups.

If there are other games you'd like to get started here, let us know and we'll get the word out to set up a meeting.

Relay for Life to help end cancer

Paint your world purple and help eliminate cancer from our lives. Join a team or start your own to help raise funds for the American Cancer Society through this year's Relay for Life on May 14 at Castle South Middle School, 10 a.m.-10 p.m. Several events are scheduled along with the relay, according to the event's coordinator, Allison Clayton. The relay begins at 10 a.m. with a survivor and caregiver lap. All during the day, there will be a silent auction, a DJ with music and other entertainment and activities. There will be theme laps at different times. Food and beverages will be available. At 9 p.m., there will be a luminaria

remembrance ceremony.

Survivors will be recognized in the morning and they will receive a t-shirt. If you are a survivor, or know cancer survivors, and would like to be involved in the relay events, please come by the Center and pick up a form.

Even if you don't participate in the relay yourself, you can help raise money and awareness.

Those who wish to honor a survivor or remember someone who lost the battle can donate for a luminaria. We have several of the bags that will be used if you want to pick yours up and decorate it for the event. You may

take one or as many as you want. There is no set fee for the donation but it was suggested \$25 each.

For information, contact Allison at allison.clayton@cancer.org or call 812-475-9486.

The American Cancer Society Relay for Life movement is the world's largest fundraising event to save lives from cancer. At relay events around the globe, the goal is to celebrate people who have battled cancer, remember loved ones lost and take action for life-saving change.

Every dollar raised supports the Cancer Society's mission to celebrate life and save more lives.

Balance class presentation scheduled for May 20

Losing our balance is one of the leading causes of falls in Seniors. Falls are one of the leading causes of death in that age range, so it makes sense to work at keeping our balance. Some new research found that most falls are caused by losing one's balance, not because of tripping or slipping.

With that in mind, we've invited several staff members from Hamilton Pointe to come and talk at the Center at noon on May 20.

Lauren Hayden, who is setting up the presentation, said the facility offers balance classes, has a machine they can bring here and test for balance and a variety of exercises we can do to increase our balance. These exercises are things we can do in our regular regimen without any extra equipment.

Please invite your friends and family to this presentation. Learning to keep your balance could save your hips, shoulders — even your life.



May birthdays

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|---------------|--------|
| Diane Wright | May 5 |
| Jack Spillman | May 8 |
| Jane Schmidt | May 10 |
| Bennie Duvall | May 16 |
| Sue Zak | May 21 |



'No Words' author visits the Center

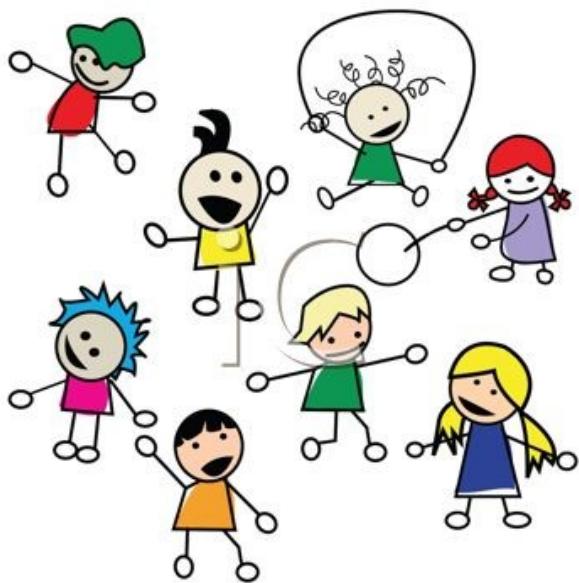
Members recently enjoyed hearing author Amy McVay Abbott discuss how she came to "write" the picture books she's produced to help communicate with people who have dementia. Her mother progressed through dementia and eventually could no longer read. Amy, being a photographer, discovered her mother enjoyed looking at scenic photos, so she made her several picture books.

These books are available for purchase, along with others that Amy has written, through her web site amyabbottwrites.com or through Amazon.com/author/amymcvayabbott.

Amy has offered to visit once a quarter if we have enough interest in a writing seminar. She will give the writing prompts and participants will develop their own stories. They can be true or fiction.

If you are interested, please contact the Center manager at 812-853-5627 or email her at manageratnsc@gmail.com. This program, like all our programs, is open to everyone who is older than 55.

Thanks to our activities sponsors



- **Town of Newburgh** — Provides our building, maintenance and supplies/services.
- **Bayer's Plumbing** (812) 853-2305 — Sponsors Fruitful Fridays and Sundae Fridays.
- **Heritage Federal Credit Union** — (812) 253-6928 — Our Internet Café/Printer sponsor.
- **Titzer Funeral Homes** (812) 853-8314 — Sponsors our monthly birthday cake.
- **Zion United Church of Christ Newburgh** — Our hospitality sponsor.
- **Women's Club of Newburgh** — Landscaping and flowers sponsor.
- **Ohio Township** — Activity sponsor.

If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager, Nancy Lybarger at manageratnsc@gmail.com.

Minnie Black's New Gourd Band to perform

If you love the oldies but goodies kind of music and some old folk tunes thrown in for good measure, you need to come and hear the Minnie Black's New Gourd Band. They'll be playing here Saturday, May 14 at 2 p.m. Most of the instruments they use to create music were fashioned by Kentucky artist Minnie Black. She made the instruments for her "band" of seniors to perform at fairs and the like during her lifetime.

Her daughter doesn't care for the sounds they made, so she has given

many of the instruments to the new Gourd Band. Band spokesman, Eric Ridenour said he has restored the instruments and added some new parts to make them sound more like regular guitars, drums, and violins.

The instruments are colorful and unique, artwork in themselves.

Mrs. Black discovered gourd art after her husband passed away. She turned the grocery they had operated into a gourd museum and then travelled around the area with her "band" of gourd players.

After she died, her daughter, Ruth, put her mother's gourd art and instruments in a flea market booth, where Ridenour located them on what he considers a very lucky day.

Minnie's daughter gifted several of the instruments to Ridenour and the, rest, as they say, is history.

The band is a group of fellow musicians, he said, and they have only recently taken their music on the road. There will be light refreshments at the concert. It will be over before dark.

'Senior Class' Kazoo Band Schedule for May



Please mark your calendars for Thursday, May 12 at 2 p.m. at Signature. You'll need to be there by 1:45. This is our only May performance.

You are wonderful people to give of your time and talents. Thanks for the love for others that comes

through every time you sing and play. We welcome new members any time. Please keep those former members who can no longer join us in your thoughts and prayers.

—Colleen

"When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it will become like a wildfire."

—Whoopi Goldberg